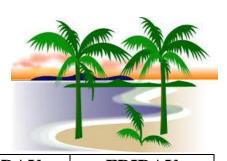


National City George H Waters

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950

(619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTERTAINMENT			1) HOMEMADE	2) CATCH OF THE
	Suggested	Menu Subject To	MEATLOAF	DAY
JUAN ROBLES 6-1-17	Contribution \$3.50	Change		
JAZZ A MINUTE 6-6-17	Senior Adults (60+) NON-Senior FEE	Without Notice		SPANISH RICE
RICKACHA 6-16-17	\$6.00 paid at front	Alternative Meal	CHEESEY POTATOES	ZUCCHINI & CORN POPPY SEED
PIÑA 6-30-17	desk	Option Available Daily	PEAS & CARROTS	COLESLAW
	Lunch Hours	Inquire at Front Desk	BEET SALAD CHERRY TART	MANGO MIX
	11:00 A.M. – 12:30P.M		MILK / JUICE	MILK
5) BEEF STEW	6) BAKED PORK	7) BEEF	8) OLD FASHIONED	9) CATCH OF THE
3, 222. 312.1	CHOP	STROGANOFF	TURKEY DINNER 🤌	MAY DAY
GARLIC MASHED	SCALLOPED			
POTATOES	POTATOES	PASTA	CANDIED YAMS	OVEN ROASTED
PEAS & PEARL ONIONS	CALIFORNIA BLEND	NEW ENGLAND BLEND	GADEN VEGETABLES	POTATOES
FRUIT SALAD	CARROT SALAD STRAWBERRIES &	TOMATO BASIL SALAD	ORANGE CRANBERRY SALAD	MIXED VEGETABLES KALESLAW
LEMON CAKE	CREAM	PEACH CUP MILK	PUMPKIN TART	BANANA
MILK	MILK	WILK	MILK	MILK
12) SPAGHETTI &	13) BAKED	14) HAM STEAK	15) BBQ BACON	16) CATCH OF THE
MEATBALLS	CHICKEN	,	WRAPPED CHICKEN	DAY
PASTA		AU 00 4 TIN 00 T 4 T 0 F 0		
STEAMED BROCCOLI	MACARONI &	AU-GRATIN POTATOES MIXED VEGETABLES	SCALLOPED POTATOES	STEAMED RICE
CAESAR SALAD FRESH GRAPES	CHEESE TUSCAN VEGGIES	TOMATO BASIL SALAD	SCANDINAVIAN BLEND ROMAINE SALAD	CAPRI MIX
MILK ~	BROCCOLI SLAW	FRUITED GELATIN	WATERMELON 🌦	PICO DE GALLO
	CANTALOUPE	MILK	MILK	HONEYDEW MELON MILK
	MILK		1333_1	WIILK
WE W			@	
19) TEXAS HILL	20) GRILLED PORK	21) MILANESA DE	22) ROAST BEEF	23) CATCH OF THE
CHICKEN FRIED	CHOP	POLLO		DAY
STEAK	SWEET POTATOES			SAFFRON RICE
ROASTED RED	GARDEN VEGGIES	FRIED RICE	BAKED POTATO	ASIAN STYLE
POTATOES	LEAFY GREEN	GRILLED VEGETABLES	PEAS & CARROTS	VEGETABLES
GREEN BEANS	SALAD	AMBROSIA SALAD	CAESAR SALAD	ORIENTAL NOODLE
SPINACH SALAD	APPLESAUCE	BROWNIE	APRICOT CUP	SALAD
ORANGE SMILES	MILK	MILK	MILK	FRUITED LIME
MILK				GELATIN
26) CHICKEN	27) PEPPER STEAK	28) PORK CHOP	29) OLD FASHIONED	MILK 30) CATCH OF THE
CACCIATORE	ZIJFEFFER SIEAN	CHARCUTIER	ROAST TURKEY	DAY
CACCIATORE		OHANGUHEN	NOASI IONNEI	אלו
EGG NOODLES	STEAMED RICE	PASTA PILAF		POTATO WEDGES
GREEN BEANS	ORIENTAL BLEND	GRILLED VEGGIES	SCALLOPED POTATOES	OREGON BEAN
ALMONDINE	ROMAINE SALAD	RED & GREEN	PEAS & PEARL ONIONS	MEDLEY
CAESAR SALAD	MANDARIN CUP	CABBAGE	CRANBERRY NUT	MACARONI SALAD
FRESH GRAPES	MILK	SALAD	SALAD	CANTALOUPE
MILK		PEACHES MILK	PUMPKIN TART MILK	MILK
WILLY INTER				

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE COMMUNITY DEVELOPMENT COMMISSION OF THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS, PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBLLITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.